Miss Prestin’s 10 Healthy Mediterranean Recipes
Let’s face it. One of the most frustrating reasons people have difficulty sustaining a healthy diet is the taste! Eating a healthy, whole food diet doesn’t have to mean boring and bland. By learning to take control of your kitchen, you learn to take control of your body & health.

As a Registered Practical nurse and fitness mentor, my clients are constantly emailing me asking for personal recipes to help keep them motivated and consistent. And since I’m here to help you fix this problem, here they are! 10 of my personal home made recipes, created specifically to add some flavor in your healthy lifestyle.

Whether you’re just starting out cooking or looking to add more variety to your diet, this e-book delivers a variety of my delicious Mediterranean style recipes to help take the “chore” out of eating healthy. Not only are these meals designed to satisfy your nutritional needs, but your taste buds too!

From my kitchen to yours, enjoy!

Miss Prestin

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Scrambled Eggs with Spinach and Feta

**Ingredients (all organic):**
- 2-4 Whole eggs
- Feta cheese
- Baby spinach
- Garlic powder
- Celtic salt
- Pepper
- Chia seeds
- Coconut oil cold pressed

**Instructions:**
1. On low heat add a 2 tsp of coconut oil to pan
2. Scramble eggs in a bowl until blended
3. On high heat boil water and place steamer in the pot
4. Pour eggs into pan stirring slowly and frequently (cook until slightly runny)
5. Once water boils, put as much spinach as you desire in the steamer (steam until spinach turns its more vibrant green)
6. Toss in spinach and feta cheese, stir and remove from heat
7. Add a pinch of garlic powder, salt, and pepper
Chicken with Potato and Asparagus

**Ingredients (all organic):**
- Red skin potato
- 1-2 chicken breasts
- Asparagus
- Garlic powder
- Montreal steak
- Oregano
- Celtic salt
- Pepper
- Cultured organic butter or extra virgin olive oil
- Coconut oil

**Instructions:**
1. Wash and peel potato and cut in half
2. Pre heat oven 425 degrees on Bake
3. Place chicken and potato in an oven pan. Season the chicken and potato with garlic powder, oregano, salt and pepper (both sides)
4. Bake 25-28min, broil 1 min to make crispy  
   *Tip: 15 min flip potatoes and chicken
5. On high heat boil water and place steamer in the pot. Steam asparagus (once boiled about 5 minutes or until asparagus turns its most vibrant color)
6. Remove asparagus from heat and season with olive oil or cultured butter (as much as you want), salt, garlic powder.
Salmon with Broccoli

**Ingredients (all organic):**
- Wild caught salmon
- Lemon
- Oregano
- Celtic salt
- Garlic powder
- Broccoli

**Instructions:**
1. Pre-heat oven to 425 degrees Bake
2. Chop broccoli
3. In a glass dish or pan, season salmon with oregano, salt, and garlic powder. Slice lemon thin and place on top of fish. Add more seasoning if desired
4. Place fish in oven for 12-15 mins
5. Boil water and place broccoli in steamer for 5-6 minutes (until turns its most vibrant green) remove from heat and pour olive oil and season (oregano, garlic powder and Celtic salt)
Braised Veal
With String Beans

**Ingredients (all organic):**
- 2 lbs. of veal chops cut into square pieces
- 1 and ½ lbs. of string beans
- 2 large onion and four cloves of garlic cut and diced
  (garlic powder can be substituted)
- 2 small cans of unsalted tomato sauce or 3 big ripe, fresh tomatoes diced
- Montreal steak or chicken seasoning, and oregano
- Olive oil 3 tbs. to sauté garlic and onion,
- 1/3 cup to cook beans in

**Instructions:**

1. In a big pot, or pressure cooker sauté 1 onion and 2 cloves of garlic. Add a little salt and oregano to the onion garlic mixture.
2. When the onions get soft, add veal cubes until slightly brown. Season the meat with Montreal steak seasoning and oregano.
3. Cut the ends of the string beans, wash, rinse and add on top of the veal.
4. Add the second diced onion and two cloves of garlic, 1/3 cup of oil and tomato sauce.
5. Add ½ cup of water or enough to cover the items.
6. Bring to a boil and then lower the heat to medium until the meat and string beans are tender when you fork it. Add more water if needed while you are cooking it. The tomato sauce should not be as runny as in the beginning but a little thicker. It should take about an hour in a pot or ½ hour in a pressure cooker.
**Baked Chicken With String Beans**

**Instructions:**

1. In a big pot, or pressure cooker sauté 1 onion and 2 cloves of garlic. Add a little salt and oregano to the onion garlic mixture.

2. When the onions get soft, add chicken until slightly brown. Season the meat with Montreal steak seasoning and oregano.

3. Cut the ends of the string beans, wash, rinse and add on top of the veal.

4. Add the second diced onion and two cloves of garlic, 1/3 cup of oil and tomato sauce.

5. Add ½ cup of water or enough to cover the items.

6. Bring to a boil and then lower the heat to medium, until the meat and string beans are tender when you fork it. Add more water if needed while you are cooking it. The tomato sauce should not be as runny as in the beginning but a little thicker. It should take about an hour in a pot or ½ hour in a pressure cooker.

**Ingredients (all organic):**

- Whole chicken
- 1 and ½ lbs. of string beans
- 2 large onion and four cloves of garlic cut and diced (garlic powder can be substituted)
- 2 small cans of unsalted tomato sauce or 3 big ripe fresh tomatoes diced
- Montreal steak or chicken seasoning, and oregano
- Olive oil 3 tbs. to sauté garlic and onion,
- 1/3 cup to cook beans in

**PRESTIN fit**
Macedonian Grecian Chicken

Ingredients (all organic):
1 organic chicken cut into pieces
2 tbsp. Of Olive oil
Garlic powder
Montreal Steak or kitchen Seasoning
Oregano
Lemon juice

Instructions:
1. Heat oven on broil at 450 degrees for 10 minutes
2. Spread olive oil on both sides of the chicken, and season with garlic powder, Montreal seasoning, and oregano. Add about ¼ cup of water to the pan
3. Broil for fifteen minutes on both sides.
4. When you finish broiling and it is brown on each side, sprinkle with fresh lemon juice using the oil and juices of the chicken to make a small amount of sauce. Add a little more water if needed to make the sauce if it is absorbed while broiling and put it through a small colander before spreading the sauce on top of the chicken. Spread on top of the chicken and serve.
Eggplant Spread

Ingredients (all organic):
- 4 average eggplants
- 1/2 large red onion chopped
- 4 cloves garlic, mashed/crushed (I use a garlic press)
- Juice from 1/2 lemon
- 1/4 cup red wine vinegar
- Handful chopped parsley
- 1/4 cup extra virgin olive oil
- 1/2 tsp sea salt or pink Himalayan or to taste

Instructions:
1. Preheat the grill to 400°
2. Wash and dry the eggplants. Slice each eggplant 1 inch thick lengthwise. Spread olive oil on all sides and grill until soft and you see nice grill marks. Remove from the grill and cover with plastic wrap and let cool.
3. Once eggplant has cooled, remove the skin and as much of the seeds as possible. Then chop the eggplant coarsely and add to a medium bowl.
4. Add chopped onion, parsley & crushed garlic.
5. Gradually add olive oil, lemon juice and red wine vinegar, alternating between the three (be sure to taste in-between to not over dress).
6. Add salt to taste. Refrigerate or serve warm. You can serve as is or on thinly sliced cucumbers. Enjoy! Can stay in the refrigerator for up to 3 weeks.
Chicken Kabobs

Marinade Ingredients (all organic):
½ extra virgin olive oil
Juice of 1 lemon
2 TPS white wine
3 crushed gloves of garlic
½ tsp salt
¼ tsp pepper
1 tsp dried oregano
1 ½ lbs. boneless, skinless chicken trimmed

Marinade Instructions:
1. Place all marinade ingredients and meat in a 1 gallon zip-lock bag. Close bag and knead the bag to make sure that all the marinade coats the meat. Marinade for 2 hours minimum or overnight.
2. Heat grill to 400°
3. Grill meat for 6 minutes on both sides (internal temperature: chicken 165° & port 145°)
4. Remove from the grill and squeeze the juice of ½ lemon and serve

Kabobs Ingredients (all organic):
8-10 bamboo skewers soaked in water overnight
½ Vidalia onion sliced into 1 inch wedges
1 pint cherry tomatoes
1 green or red sweet pepper 1 inch chunks
1 ½ lbs. boneless, skinless chicken trimmed

Kabobs Marinade Instructions:
1. Cut chicken into 2 inch pieces
2. Place all marinade ingredients and meat in a 1 gallon zip-lock bag. Close bag and knead the bag to make sure that all the marinade coats the meat. Marinade for 2 hours minimum or overnight.
3. Preheat grill to 400°
4. Skewer chicken/pork, onion, tomato and peppers, alternating between the 4. Be sure to start and end with meat to keep the vegetables in place
5. Cook for 4 minutes on all sides
6. Remove from grill and squeeze the juice of ½ lemon and serve
Seasoned Squash Spaghetti

Ingredients (all organic):
1 large spaghetti squash (about 3-4 lbs)
2 TBS butter or Earth Balance Organic
2 cloves garlic, finely minced
1/4 cup finely minced parsley (or basil)
1/2 teaspoon salt (or to taste)
1/4 cup finely grated sharp parmesan cheese

Instructions:
1. Preheat oven to 375°. Pierce squash a few times with sharp paring knife.
2. Bake spaghetti squash for 1 hour, or until a paring knife pierces easily through skin with little resistance. Let squash cool for 10 minutes.
3. Cut squash in half, lengthwise. Use a fork to remove and discard the seeds. Continue using fork to scrape the squash to get long strands. If the squash seem difficult to scrape, return the squash to bake for an additional 10 minutes.
4. Heat a large sauté pan with the butter and the garlic over medium-low heat. When garlic becomes fragrant, add parsley, salt and spaghetti squash strands.
5. Toss and coat well, sprinkle in the parmesan cheese and taste to see if you need additional salt. (The spaghetti squash should have a slight crunch (not mushy) - but if you like it softer, cover the pan and cook 2 more minutes)
Hummus Spread

Ingredients (all organic):
- 400g/14 oz chickpeas, drained
- 60ml/4 tbsp tahini
- 2-3 garlic cloves, chopped
- juice of ½ -1 lemon
- salt and ground black pepper
- whole chickpeas reserved, to garnish

Instructions:
1. Reserving a few for garnish, coarsely mash the chickpeas in a mixing bowl with a fork. If you like a smoother purée, process the chickpeas in a blender until a smooth paste is formed.
2. Mix the tahini into the bowl of chickpeas, and then stir in the chopped garlic cloves and lemon juice. Season to taste and garnish the top of the reserved chickpeas. Serve the hummus at room temperature.